

Full Report (All Nutrients) 45130169, DAVID Ranch Sunflower Seeds, UNPREPARED, GTIN: 00026200467726

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Report Date: June 16, 2017 15:37 EDT

Information provided by food manufacturers is label data. Manufacturers are responsible for descriptions, nutrient data and ingredient information. USDA calculated values per 100 {0} from values per serving.

Food Group : Branded Food Products Database

Manufacturer ConAgra Foods Inc.

Nutrient	Unit	Data points	Std. Error	0.25 cup (30g Kernels)* 30g	1 Value Per100 g
Proximates					
Energy	kcal	--	--	190	633
Protein	g	--	--	8.00	26.67
Carbohydrate, by difference	g	--	--	5.00	16.67
Sugars, total	g	--	--	1.00	3.33
Minerals					
Calcium, Ca	mg	--	--	20	67
Iron, Fe	mg	--	--	1.44	4.80
Magnesium, Mg	mg	--	--	120	400
Phosphorus, P	mg	--	--	250	833
Potassium, K	mg	--	--	230	767
Sodium, Na	mg	--	--	180	600
Zinc, Zn	mg	--	--	1.50	5.00
Vitamins					
Vitamin C, total ascorbic acid	mg	--	--	0.0	0.0
Vitamin A, IU	IU	--	--	0	0
Lipids					
Fatty acids, total saturated	g	--	--	1.50	5.00
Fatty acids, total monounsaturated	g	--	--	6.00	20.00
Fatty acids, total polyunsaturated	g	--	--	7.00	23.33
Fatty acids, total trans	g	--	--	0.00	0.00
Cholesterol	mg	--	--	0	0
Amino Acids					
Other					

Ingredients

Sunflower Seeds, Salt, Partially Hydrogenated Soybean Oil, Less than 2% of: Buttermilk Powder, Corn Syrup Solids, Whey, Citric Acid, Dextrose, Garlic Powder, Nonfat Milk, Onion Powder, Sugar, Tomato Powder, Dried Parsley, Yeast Extract, Natural and Artificial Flavors, Malic Acid, Disodium Inosinate & Disodium Guanylate. CONTAINS: MILK. *Date Last Updated by Company: 07/29/2016*